

Learning About Myself

Grade Level	Sixth
Minimum Time Required	45 Minutes
Materials/Resources	Paper, Pens/Pencils
Subject Area(s)	Guidance

Project Description:

- In this lesson, students will explore their own special characteristics and abilities.
- Explain to the group that you are going to read a short “I Am” story to the class. Ask the children to listen carefully to see what they can learn about the person in the story:
 - ? I am not a 10' tall giant with an eye in the middle of my forehead.
 - ? I am a 5' 7" girl with long legs.
 - ? I am not a blue eyed, blond haired heroine that the villain tied to the railroad tracks.
 - ? I am a brown-eyed girl with short wavy hair.
 - ? I am a person who feels scared when I have to try new things.
 - ? I am a person who can do macramé very well, but I can't knit worth beans.
 - ? I am a person who likes to ski and go canoeing.
 - ? I am a person who likes to talk.
 - ? I am a person who sometimes talks too much.
 - ? I am...
- Ask the class to think about themselves and when they are ready, write an “I Am” story about themselves. They may include things they like to or would like to do, the way they are, or the way they would like to be, etc.
- Conclude the activity by asking students to share their stories with the class. You are encouraged to write a story and to share your story with the class.

Career Development Standard	Knowledge of the influence of a positive self-concept
Career Development Indicator	Describe personal likes and dislikes
Delivery Level	Review
Academic Standards	
Language Arts	2.4.b Write to synthesize, interpret, and use new information. 3.1.b Use various listening techniques in problem-solving and decision-making situations. 3.3.c Use various organizing strategies to recall oral/visual information.
Employability/SCANS Skills	Basic Skills, Thinking Skills Personal Qualities
Assessment/Rubric	Student will be evaluated based on their writing assignments.

Submitted by: SD Comprehensive Guidance and Counseling Program Model (Elementary)